

## WOMAN'S HERALD

Devoted to the Household, the Fashions  
and the Activities  
of WomenMARY MARSHALL, Editor.  
DAILY DEPARTMENT OF THE  
WASHINGTON HERALD  
Correspondence is invited. Address  
all communications to the Woman's  
Editor of the Washington Herald.  
WEDNESDAY, OCTOBER 13, 1915.

## WITHOUT REGARD TO SEX.

Next Friday Miss Alice Latimer George, of Philadelphia, takes up her work in this city as the first woman secretary to a Commissioner. She is to be in the service of Commissioner Oliver P. Newman, who, when asked to comment on his selection of a woman for such a position, said that the decision had been made without regard to sex, "which should not be a handicap to the appointment or advancement of any woman."

Good for Commissioner Newman! There is nothing so satisfying to the conscientious, sane-minded woman in business as the conviction that she is being treated and judged as a human individual, regardless of sex.

It is a curious fact that in certain lines of work the disadvantage of being a woman is made much more apparent than in others. At a vocational conference of college women in business, held a few years ago, this point was interestingly shown, through the observation and experience of women employed in various fields of work.

Among the vocations in which a woman's work was judged to a large extent on its own merits were various sorts of scientific research. Apparently most of the women whose work called for advanced laboratory investigation knew nothing of the annoyance that comes from being kept back simply because of sex. In philanthropic and sociological work the same thing held true and to a growing extent in educational lines.

The field of work in which the disability of sex was most apparent was in strictly business lines. In financial undertakings, in banks or brokerages, insurance offices, or any of the offices where large numbers of young women were employed to do poorly paid routine work this disability was not only apparent but it was positively "rubbed in." In many cases it had created a feeling of bitterness and resentment on the part of the women of real ability and ambition there employed.

The conclusion that was to be drawn from these reports was this: That though men are inclined to put women in business at a disadvantage on account of their sex through natural prejudice, they are usually open to gradual change of opinion. The professions where this adverse sentiment is strongest are the professions where cheap unskilled woman's labor is employed, in distinction to well-paid trained men's labor. The results show an enormous difference in quality, and the analytical observer naturally assumes that women are inherently inferior.

On the other hand, in the fields where no adverse sentiment exists, men have never had a chance to associate poor work with woman's work.

The moral is very obvious: Make your work as good as the men you work with and they will soon remove the handicap of sex.

What do you think of the proposition put to the New York public libraries to bar works of fiction from their shelves? The idea is that the public funds should not be spent for anything but the educational, instructive sort of book. There are two sides to the argument.

Ida V. Simonton, an African explorer recently returned to this country, who is now engaged in sufrage speech making, observes that even in "Darkest Africa" the women vote, going to the polls—or whatever the jungle counterpart may be—with their babies on their shoulders.

"The idea being," sarcastically remarks our anti-sufrage acquaintance "that we should go back to the uncivilized manners of savages."

Really it is rather a good argument for either side.



Extremely yet simple in design is this smart turban recently shown at one of the exclusive millinery shops.

FAMOUS WOMAN  
HER BIRTHDAY  
AND YOURS

Oct. 13—Molly Pitcher.

One of the most picturesque patriotic characters in American history was Molly Pitcher, who was born in Pennsylvania, October 13, 1744. Her name was Mary Ludwig to begin with, and the surname Pitcher seems to have been given her in honor of the pitcher with which she carried water to the thirsty soldiers on that memorable day at the battle of Monmouth. However, recent historians assure us that it was in reality a pail that she used. Mary Ludwig began her career as a servant in the family of Gen. William Irvine, in Carlisle, Pa., and at the age of 25 she was married to a barber of the name of Hays. In the Revolutionary War he served as a gunner and Molly followed him to the front. There was nothing at all unusual in this, for frequently women of Molly's class followed their husbands in order to pick up a living doing laundry work for the officers.

However, at the battle of Monmouth, N. J., when the thermometer stood at 96 in the shade, there was more work for Molly to do in handing drinks of water to the soldiers than in attending to the officers' laundry. In the thick of the battle her husband was shot down at his gun, and Molly, so the story goes, dropped her pitcher or pail, and taking up the gun began to work away at the cannon, crying out as she did so that she would avenge her husband's death. The sight of Molly working so bravely fired the soldiers' renewed efforts, and so to the brave woman probably is owing the victory of Monmouth. The day after the battle Gen. Greene presented Molly, still in the powder-stained dress she had worn on the battlefield, to Gen. Washington, who gave her a sergeant's commission. As a matter of fact, Molly's husband was not badly injured and soon recovered. Molly served in the army for eight years and enjoyed the half-pay of other officers on her retirement. She spent the latter part of her life as a cook and laundress at the Carlisle barracks, or occasionally tending to children, of whom she always was very fond.

## TOMORROW'S MENU.

Give me a table full of bare  
Crust or rich ragout;  
But whatever be the fare,  
Always give me you.

—Arthur May.

**BREAKFAST.**  
Orange  
Cereal and Cream  
Poached Eggs  
Muffins. Coffee.

**LUNCHEON OR SUPPER.**  
Macaroni and Cheese on Toast  
Lemon and Cream. Fruit.

**DINNER.**  
Potato Soup  
Roast Lamb Chop  
Poached Sweet Potatoes  
Crabbed Cauliflower  
Vegetable Salad  
Chocolate Blanc Manger.

Muffins—Mix two cupsful of sour milk, a teaspoonful of soda, two eggs, salt to taste and flour to make a thick batter. Drop into hot muffin tin.  
Macaroni and cheese on toast—Have

HOUSE-  
WIVES  
DAILY  
ECONOMY  
CALENDAR

SHELVES USEFUL AND CHEAP.

Have you enough book cases?  
Is your pantry conveniently arranged?  
Have you room enough for your linen supplies and your clothes?  
If you haven't enough room for almost anything, why not have some shelves put up in convenient places to give you more room? A carpenter will put them up at a reasonable price, far more reasonable than the price of new book cases or new clothes closets or new linen chests.

One clever woman who had only a small pantry between the dining room and kitchen found that she had not enough room for household supplies of various sorts. One wall of the pantry was filled with a china closet with cupboards beneath—all right so far as it went. In the other wall was a window. The woman in question asked a carpenter to build a shelf under the window and another one on a level with the sill and still another at the top of the window. Along one side, where there was a foot of small space, she had foot-long shelves placed the height of the window.

On the lowest shelf she kept hammer and boxes of tacks, hatchet, garden trowel and scissors, the husher for the dining room table, and all sorts of cleaning implements and polishing oils. The shelf at the level of the window sill proved very desirable for holding dishes ready for the table—plates of salad or the dessert—the crumb plate, finger bowls and such things. The shelf over the window held the bread mixer, the preserving kettle, and various things that were needed only occasionally. The little shelves at the side of the window held flower vases, asbestos mats for the table, and various other small articles.

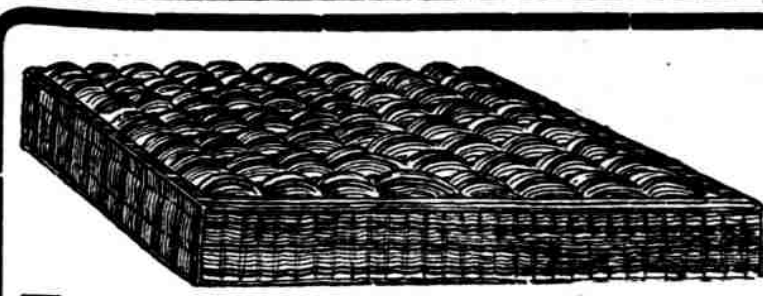
Book shelves can be put up in any available wall space at a really slight cost, and if you wish to save all possible expense you can paint or stain them yourself. Two coats of white inside paint and one of enamel will give a good finish or one coat of flat finish stain can be used. Be sure to let each coat of paint dry thoroughly before adding another.

Shelves can be put up in the bathroom for holding linen and an unused clothes closet can be filled with shelves to hold any sort of household supplies—canned fruit, bedding or clothes packed away for the winter.

## TODAY'S FASHION NOTE.



Slightly belted, yet almost as full in effect as the circular skirt which accompanies it, the coat of this costume is very smart. Blue whipcord is used, 4 yards 3/4 inches wide being required. Pictorial Review Co. 6055—SIZES, 14 to 20 years. Skirt No. 6280—SIZES, 14 to 20 years. Price of each number, 15 cents.



## Felt Mattresses, \$7.25

Full size soft and comfortable felt mattresses—sanitary and well-made—covered with a strong and durable ticking.

Aunt Chatty's Mothers' Club  
Conducted by Mrs. Charity Brush

## THE CHILD THAT STAMMERS.

THIS is a real Mothers' Club, for the benefit of mothers everywhere who are struggling with questions of discipline, training, education, clothing, for the children. Write to Aunt Chatty of problems which are vexing you, and she will advise and help you to a solution of them. Write to her, too, of your own discoveries, of methods you have found successful in smoothing the rough paths of life for the tender, childish feet, that through the Mothers' Club your experience may be of benefit to other mothers who are still tangled in the web of perplexity you have so happily unraveled.

Co-operation is the secret of success in any business; so why not in the business of motherhood, that highest and holiest calling which always has been and always will be woman's crown of glory, no matter what other avenues of usefulness may be opened to her? Address Mrs. Charity Brush, care of this paper.

A question about a cure for stammering in one of our recent club talks has brought me several interesting letters. Among them is one from a mother who found a way to do it, and at her request I am giving it to the club today. This mother writes: "Dear Aunt Chatty: I notice in the Mothers' Club that Mrs. T. B. writes to ask if her little girl can be cured of stammering. Out of the thankfulness of my heart that my little boy was cured, I would like to tell all mothers of my experience."

"When my boy was nearly three years old he began to stammer. I am a very rapid talker and in trying to talk like I did the child stammered over his words until it was terrible to hear him. I had read in magazine articles that the 'lightest tendency to stammering should be nipped in the bud by saying sentences slowly and having the child repeat them. I had tried that, but I only succeeded in making him more nervous and nervous, myself, too."

"One day one of my friends came to visit me. When I told her of my trouble she said she had had the same difficulty with two of hers—she has four—but she had cured them both."

"She advised me not to ask my boy any questions that would require him to answer, not to allow him to finish a sentence if he stammered over it, but to finish it for him if I had an idea what he was going to say; above all, she said, never to make him conscious of the fact that he stammered—to ignore it altogether."

"Her advice was so contrary to all I had been reading in the magazine that I was afraid to try it, but as I had had confidence in this friend, I did venture at last. I even went further than she. I took away the child's picture books, story books, everything that in any way taxed his brain, and kept him out of doors all that I possibly could. I bought garden tools for him and worked and played with him whenever I could leave my household duties. Strange as it may seem, in two weeks he had ceased to stammer."

"As I have worked it out I believe the cause of stammering is that the brain works faster than the power of expression develops—the tongue cannot utter the thoughts as quickly as they are formed and therefore it cannot 'get them out,' as we say. I tried not to have any further brain training until the tongue had a chance to catch up with it; for that reason I took away all books and insisted upon outdoor exercise. My heart aches now for the little children whose mothers try to make them 'speak slowly,' that only makes them so conscious of the fact that they do not talk like other children that it increases the difficulty."

There are several points in which this mother is quite in accord with what the authorities tell us on this subject. The chief of them is "never to make him conscious of the fact that he stammers." The power of suggestion plays a very important part in the cure of most physical defects and in none more than in stammering, which is entirely a nervous disorder.

The gardening and outdoor exercise is also a sedative and restorative. That was the basis of the method used in a very successful sanitarium I once knew of, where patients were treated especially for this trouble. The patients worked many hours each day in the open air until they were physically tired, but in quiet, restful surroundings, and in the quiet talks with the attendants or each

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## THEY HAVE FOUND HIM!

He Claims to Have Been Mrs. Galt's Childhood Sweetheart.

Lexington, Ky., Oct. 12—Here he is! He had to be found. A dispatch from Ashland, Ky., says that at Harboursville, W. Va., just across the State line from there, is living F. J. Updike, a leading merchant, who modestly confesses that he was the first sweetheart of Mrs. Norman Galt, fiancée of President Wilson.

Updike claims to have carried her books to and from school that he even toted her lunch basket and that full many a time and oft he has placed red apples on her desk when she was not looking.

All this happened when they lived at Wytheville, Va. The childhood romance vanished many years ago, Updike admits, but says he has never forgotten the rosy-cheeked little girl.

## What Every Mother Knows.

Every Mother knows that during the trying period before baby comes the use of Mother's Friend, a dependable external remedy, obtained of druggists, is absolutely necessary so as to avoid the pains caused by undue tension upon the cords, ligaments and muscles resulting from muscular expansion. Under the surface is a network of fine nerve threads and by applying Mother's Friend all these are soothed and helped. Expansion is natural and pains are relieved. In many cases nausea, morning sickness and other distresses are avoided.

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## GRAMPY AND THE FOLKS—No Use Talking, Cousin Charlie Is a Great Help Around the Farm

BY CLARE VICTOR DWIGGINS

